

Suggested Presentation Topics

Prospective Speakers

Getting a Support Group Established	Outside Support Group Members
Dining Out on a Low-Sodium Diet	Dietitian, Nurse
Creative Low-Sodium Cooking	Dietitian, Nurse
Low-Sodium Holiday Cooking	Dietitian, Nurse
Mind/Body Connection (Tai-Chi, Meditation, Therapeutic Massage, Yoga)	Integrative Medical Professional
Financial Planning	Certified Financial Planner, Hospital Social Worker, Nursing Home Administrator
Economics of Insurance Coverage & Lack Thereof	Certified Financial Planner, Hospital Social Worker, Nursing Home Administrator
Death & Dying: End of Life Preferences	Chaplain, Attorney, Hospice Nurse
Exercise/Activity Enhancement in CHF	Cardiac Rehab Staff
Humor Therapy	Behavioral Care Professional
Spiritual Wellness	Chaplain, Local Religious Leader
Purchasing Medications Economically	Pharmacist, Nurse
Medications - Why Take 'Em?	Pharmacist, Nurse
CHF: What is it and What Can I do About it?	Physician, Nurse
Community Volunteering Opportunities	Community Leader
Local Senior Services (Transportation, Discounts, etc.)	Community Leader
CHF Resources (Books, Web sites, etc.)	Nurse
Special Interests: Basic Computer and/or Internet Skills	Computer Specialist, Local Librarian, Community Continuing Education
Smoking Cessation	Local Resource Person
Sleep Disturbances (Identifying Sleep Apnea, etc.)	Pulmonologist
Stress Reduction	Biofeedback Professional, Nurse, Integrative Medical Professional
Herbal Medicines and Alternative Therapies	Integrative Medical Professional, Pharmacist, Physician
What is Hospice Care & What it is Not	Hospice Care Nurse
Effect of CHF on the Patient's Family & Friends	Patient
When & How to Apply for Disability	Physician, Attorney
Research Opportunities	Research Coordinator, Physician
Sex & Heart Failure	Cardiologist

